

## **Suggestions for Incorporating Effective Recreational Activities into Your Program**

- Offer a wide variety of activities.
- Make sure your activities are age and ability appropriate.
  - Provide consistent challenges for your participants.
  - Learn what types of activities the community enjoys.
- Respect differences between your students and yourself.
- Be open to learning new things and activities from your students, and they will be open to learning things you have to offer.
  - Do not emphasize winning and losing.
  - Provide choices for your participants.
  - Let your participants lead and coach.
- Participate in the activities with your students.
  - Be consistent and fair with your rules.
- Teach the students to use positive self-talk in sports and life.
- Reduce the focus on competition; instead, promote teamwork and leadership.

From page 200 of *Beyond the Bell: A Toolkit for Creating Effective Afterschool Programs* (3rd ed.) as quoted by Learning Point Associates.